

Variable	Mean	SD	Min	Max
Age	34.5	10.2	18	65
Gender	Male	10.5	0	1
Marital Status	Married	15.2	0	1
Education	High School	12.8	0	1
Income	\$25,000	15.5	0	1
Health Status	Good	10.1	0	1
Exercise Frequency	Weekly	11.3	0	1
Stress Level	Low	9.8	0	1
Sleep Quality	Good	10.5	0	1
Dietary Habits	Healthy	11.2	0	1
Work Satisfaction	High	10.8	0	1
Family Support	Strong	11.5	0	1
Life Satisfaction	High	11.0	0	1
Resilience	High	10.7	0	1
Optimism	High	10.9	0	1
Gratitude	High	11.1	0	1
Self-Esteem	High	10.6	0	1
Emotional Stability	High	10.4	0	1
Life Satisfaction (Scale 1-10)	7.5	1.2	5	10
Life Satisfaction (Scale 1-10)	7.8	1.1	5	10
Life Satisfaction (Scale 1-10)	7.6	1.3	5	10
Life Satisfaction (Scale 1-10)	7.9	1.0	5	10
Life Satisfaction (Scale 1-10)	7.7	1.2	5	10
Life Satisfaction (Scale 1-10)	7.8	1.1	5	10
Life Satisfaction (Scale 1-10)	7.6	1.3	5	10
Life Satisfaction (Scale 1-10)	7.9	1.0	5	10
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5

10